

Fall 2021 NUB Instructor Outline for Module 2a: Introduction to Time Management, Stress, and Wellness

Overview and Objectives

Today we have a circle discussion of the results of the syllabus assignment, and begin to talk about time management and wellness. These topics will be covered again right before mid-term exams. Gratitude journals are introduced.

Peer Mentor Moments

- Peer Mentors troubleshoot any problems students are having at the beginning of class and make announcements about any cool stuff happening on campus this week.
- Peer Mentors discuss organization/time management (pp. 84-91) of the handbook. Provide examples of how you use your planners and manage your time so the new students will have some ideas.

Highlights

- Circle Discussion of the Syllabus Assignment
- Collect syllabus assignment
- Time management material p. 84-91
- Health and wellness, pp. 93-112
- Gratitude Journaling, p. 100 of handbook.

Class Outline

- **Troubleshooting:** (5 mins) One of the goals of NUB is to equip students to take ownership of their education, so please take some time to discuss practical suggestions for how students might resolve problems, including conflicts with professors, conflicts with roommates, technology problems, etc. You or your peer mentor can spend some time on the “Technology Tips” section of the NUB website: <http://sites.niagara.edu/other/nub/it-tips>. Alternatively, (and more fun!) you can also go around the room, at the beginning or end of class, and play “Highlight, Lowlight” and troubleshoot any lowlights as they come up.
- **Peer mentor announcements:** (2 mins) PMs announce things to do on campus this week.
- **Syllabus Assignment Discussion:** (15 minutes). This is a “show and tell” circle discussion, so you do not have to take the handbook away and grade them. Instead, have a circle discussion of the results. Each student should show their handbook, and their highlighting system, and discuss which weeks look the most stressful, as well as state their last exam date. Note that you are grading the oral portion of the assignment, so be mindful of how the presentation goes and/or take notes during it on the Syllabus Assignment Rubric.
- **Gratitude Journaling:** (5 minutes) Discuss the *Forbes* magazine article reproduced in your handbook on p. 100: “Seven Scientifically Proven Benefits of Gratitude.” This article describes a

study that shows that writing down five things you're grateful for has a big impact! Writing just one sentence, once a week, about each thing makes you happier and less anxious if done for eight weeks. The last page of the article (p. 101) provides some space where students can practice some journaling! If you feel so moved, you may discuss or mention the similarities between gratitude journaling and common forms of prayer where one thanks God for the good things in one's life.

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